

# LOWER SCHOOL SCHEDULE

(Ages 2 and up)

Class	Days	Time	Class Description and Dress Code	Tuition
Mommy & Me (2&3 year olds)	Monday	12:30-1:00 pm	<p>Mommy &amp; Me is designed for moms &amp; their littles (ages 2-3) to be introduced to ballet in a side by side class structure. Classes include introductions to beginning ballet movements, along with high energy exercises to teach body awareness, flexibility &amp; more! One mom/daughter per family.</p> <p><b>Uniform:</b> Daughter: Lavender leotard, pink full foot tights and pink full sole ballet shoes. A <i>detachable</i> ballet skirt can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces. Mom: Clothing you are comfortable moving around in. May wear ballet shoes, grippy socks or go barefoot.</p>	\$45.00/mo.
Ballet and Tumbling (3 & 4 year olds)	Wednesday <b>FULL</b> Or Wednesday <b>FULL</b> Or Friday <b>FULL</b>	10:15-11:00 am Or 11:15-12:00 pm Or 1:45-2:30 pm	<p><b>Ballet and Tumbling</b> is for students ages <b>3 and 4</b>, by September 1st (must be potty trained) and students ages <b>5 and 6</b>. Classes include introduction to Ballet, along with basic tumbling, balance beam, gymnastics bar, and obstacle course skills.</p> <p><b>Uniform:</b> Lavender leotard, pink full foot tights and pink full sole ballet shoes. A detachable ballet skirt or dance shorts can be worn if it doesn't cause a distraction. Hair must be pulled back and out of the dancer's face. No watches, bracelets or necklaces</p>	\$65.00/mo.
Ballet and Tumbling (5 & 6 year olds)	Wednesday	10:00-10:45 am		
Pre-Ballet	Monday <b>FULL</b> Or Wednesday Or Friday	2:15-3:00 pm Or 1:00-1:45 pm Or 3:30-4:15 pm	<p>PSB is for students ages 3 - 4, by September 1st (must be potty trained). Classes include Ballet class, along with additional fun, high energy exercises to teach body awareness, flexibility and posture.</p> <p><b>Uniform:</b> Lavender leotard, pink full foot tights and pink full sole ballet shoes. A <i>detachable</i> ballet skirt can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun w/ bobby pins, no bangs. No watches, bracelets or necklaces.</p>	\$65.00/mo.

Lower School 1 (LS1)	Wednesday <b>FULL</b> Or Wednesday <b>FULL</b> Or Thursday Or Friday <b>FULL</b>	1:45-2:30 pm  3:30-4:15 pm  2:45-3:30 pm  4:15-5:00 pm	<p>LS1 is for students ages 5 &amp; 6, by September 1st.. Classes include Ballet class, along with fun exercises to teach body awareness, flexibility and posture. Classical ballet positions and terminology are first introduced in this level along with creative dance opportunities.</p> <p><b>Uniform:</b> Pink leotard, pink full foot tights and pink full sole ballet shoes. A <i>detachable</i> ballet skirt can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun w/ bobby pins, no bangs. No watches, bracelets or necklaces.</p>	\$65.00/mo.
Lower School 2 (LS2)	Monday <b>FULL</b> Or Wednesday	5:00-6:00 pm  3:00-4:00pm	<p>LS2 is for students ages 7 (by September 1st) and up. In this level we will be expanding on classical ballet, ballet positions, and terminology along with creative dance opportunities.</p> <p><b>Uniform:</b> Pink leotard, pink full foot tights and pink full sole ballet shoes. A <i>detachable</i> ballet skirt can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun w/ bobby pins, no bangs. No watches, bracelets or necklaces.</p>	\$75.00/mo.
Lower School 3 (LS3)	Tuesday Or Wednesday Or Wednesday <i>*Optional Add-On*</i> Wednesday (Conditioning)	3:30-4:30 pm  12:30-1:30 pm  6:15-7:15 pm  5:15-6:15 pm	<p>LS3 is for students ages 8 (by September 1st) and up. In this level we will be expanding on classical ballet, ballet positions, barre work and terminology. Students will need teacher recommendations to advance to LS4.</p> <p><b>Uniform:</b> Black leotard, pink <i>convertible</i> foot tights and pink full sole ballet shoes. A <i>detachable</i> ballet skirt or black dance shorts can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun w/ bobby pins, no bangs. No watches, bracelets or necklaces.</p> <p><b>*Add-on classes are not required, but are encouraged. These are designed for LS3 students looking for extra opportunities to challenge themselves in strength and technique. Student must be enrolled in a regular LS3 class to take an Add-on class</b></p>	\$75.00/mo. <i>*Price w/o Add-on class*</i>  \$20.00/mo. <i>*Optional conditioning*</i>

Lower School 4 (LS4)	Wednesday <b>FULL</b>	4:15-5:15 pm <i>(Ballet)</i> 5:15-6:15 pm <i>(Required Conditioning)</i>	<p>LS4 is the 1st level of JOD classes where teacher recommendation for placement is required. In this level we will be expanding on classical ballet, ballet positions, barre work and terminology. This is the first level where 1 hour of conditioning is required and included in the required class time.</p> <p><b>Uniform:</b> Black leotard, pink <i>convertible</i> foot tights and pink full sole ballet shoes. A <i>detachable</i> ballet skirt or black dance shorts can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun w/ bobby pins, no bangs. No watches, bracelets or necklaces.</p> <p><b>*Add-on classes are not required, but are encouraged. These are designed for LS4 students looking for extra opportunities in the week to challenge themselves in strength and technique. Student must be enrolled in a regular LS4 class to take an Add-on class*</b></p>	<p>\$95.00/mo. <i>*Price w/o Add-on class*</i></p>
	Or			
	Wednesday <b>FULL</b>	5:15- 6:15 pm <i>(Required Conditioning)</i> 6:15-7:15 pm <i>(Ballet)</i>		
	<i>*Optional Add-On*</i>	5:00-6:00 pm		<p>\$30.00/mo. <i>*Additional Ballet Class*</i></p>
	Friday (Additional Ballet Class)			

Teen/Young Adult Ballet	Saturday	10:00-11:00am	<p>This class is designed for young ladies aged 13-early twenties who are interested in learning or building on basic ballet skills. Highly recommended for young ladies who are considering joining the ballet school in the summer or fall. The class will run through the first week of June, following the ballet school schedule.</p>	<p>\$60.00/mo. <i>Price can be adjusted for absences if office is notified before the day of the class. So if you know you'll be gone on certain days, let the office know asap!</i></p>
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# UPPER SCHOOL SCHEDULE

(Teacher recommendation required for all Upper School levels)

Class	Days	Time	Class Description and Dress Code	Tuition
Grade I	Monday  Wednesday  Friday *Optional*	6:00-7:15 pm  4:00-5:15 pm <i>Ballet</i> 5:15-6:15 pm <i>Conditioning</i>  6:30-7:30 pm <i>Pre-Pointe</i>	Grade 1 is the first level of Upper School and the first level requiring twice a week ballet, with the option for a third class, pre-pointe. Students will be using a combination of ballet and conditioning in their classes.  Uniform: Navy blue leotard, pink convertible footed tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. Please see Policies/Guidelines for specifications. Tights must be worn over feet and under leotard. Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.	\$150.00/mo. <i>Does not include optional class fee</i>  \$30.00/mo. *Optional Friday class*
Grade II	Monday  Thursday  Friday *Optional*	3:30-5:00 pm  4:00-5:00 pm <i>Conditioning</i> 5:00-6:30 pm <i>Ballet</i>  6:30-7:30 pm <i>Pre-Pointe</i>	Grade 2 is the second level of Upper School taking two days a week with the option of a third day, pre-pointe. Students will be using a combination of ballet and conditioning in their classes.  Uniform: Navy blue leotard, pink convertible footed tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. Please see Policies/Guidelines for specifications. Tights must be worn over feet and under leotard.  Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.  Pre-pointe students that advance to pointe will be on Friday 5:30-6:30pm	\$170.00/mo. <i>Does not include olgavolovik@yahoo.com optional class fee</i>  \$30.00/mo. *Optional Friday class*

Grade III	<p>Tuesday</p> <p>3:30-4:30 pm <i>Conditioning</i></p> <p>4:45-5:45 pm <i>Cross training</i></p> <p>6:00-7:30 pm <i>Ballet</i></p> <p>Thursday</p> <p>5:00-6:30 pm</p> <p>Friday</p> <p>4:30-5:30 Or 5:30-6:30 <i>Pointe, placement class required</i></p> <p>Or</p> <p>6:30-7:30 pm <i>Students not on pointe</i></p>	<p>Grade 3 is the third level of Upper School and the first year students take 3 days per week. Students will be using a combination of ballet, conditioning, and other various types of dance in their classes. Pointe work may begin at this level depending on readiness.</p> <p><b>Uniform:</b> Maroon leotard, pink convertible footed tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. <b>Please see Policies/Guidelines for specifications.</b> Tights must be worn over feet and under leotard.</p> <p>Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.</p> <p>For students on pointe, a placement class is required and will determine the time slot</p> <p><i>For pointe students, please contact the office for your class time.</i></p> <p>For students not currently on pointe, class will be from 6:30-7:30 pm. Time will be 5:30-6:30pm when they advance on pointe.</p>	\$200.00/mo.
Grade IV	<p>Monday</p> <p>3:00 - 5:00 pm</p> <p>Tuesday</p> <p>3:30-4:30 pm <i>Conditioning</i></p> <p>4:45-5:45 pm <i>Cross Conditioning</i></p> <p>Thursday</p> <p>5:00-6:30 pm</p> <p>Friday</p> <p>3:30-5:30 pm or 4:30-6:30 pm</p>	<p>Grade 4 is the fourth level of Upper School and the first year students take 4 days per week. Students will be using a combination of ballet, pointe, conditioning, and other various types of dance in their classes.</p> <p><b>Uniform:</b> Black leotard. Pink convertible footed tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. <b>Please see Policies/Guidelines for specifications.</b> Tights must be worn over feet and under leotard.</p> <p>Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.</p> <p><i>Please check with the office for pointe class time for your student.</i></p>	\$240.00/mo.

Grade V	<p>Monday</p> <p>Tuesday</p> <p>Thursday</p> <p>Friday</p>	<p>5:00-6:30 pm</p> <p>2:30-3:30 pm <i>Conditioning</i></p> <p>4:30-6:00 pm <i>Ballet Class</i></p> <p>6:00-7:00 pm <i>Cross training</i></p> <p>3:30-5:00 pm</p> <p>2:30-4:30 pm</p>	<p>Grade 5 is the fifth level of Upper School and students continue taking 4 days per week. Students will be using a combination of ballet, pointe, conditioning, and other various types of dance in their classes.</p> <p><b>Uniform:</b> Black leotard. Pink convertible footed tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. <b>Please see Policies/Guidelines for specifications.</b> Tights must be worn over feet and under leotard.</p> <p>Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.</p>	\$250.00/mo.
Grade VI	<p>Monday</p> <p>Tuesday</p> <p>Wednesday</p> <p>Friday</p>	<p>5:00-6:30 pm</p> <p>2:30-3:30 pm <i>Conditioning</i></p> <p>4:30-6:00 pm <i>Ballet Class</i></p> <p>6:00-7:00 pm <i>Cross training</i></p> <p>11:00-12:30 pm</p> <p>2:30-4:30pm</p>	<p>Grade 6 is the highest level of Upper School and students continue taking 4 days per week. Students will be using a combination of ballet, pointe, conditioning, and other various types of dance in their classes.</p> <p><b>Uniform:</b> Black leotard. Pink convertible footed tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. <b>Please see Policies/Guidelines for specifications.</b> Tights must be worn over feet and under leotard.</p> <p>Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.</p>	\$250.00/mo.